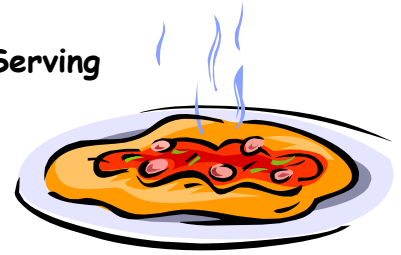


Less than a Minute Breakfast Pizza

1 Serving



- 1 English muffin, sliced
- 4 Tbsp pizza sauce
- 1/4 cup mozzarella cheese

Excellent additions: Add a few slices of deli ham and some canned pineapple chunks for extra flavor!

1. Toast the English muffin.
2. Spread 2 Tbsp pizza sauce on each half of the muffin.
3. Top each with cheese.
4. Microwave on high for 30 seconds, or until cheese is melted.

Wash it down with 8 oz. of low-fat milk or 100% juice for extra nutrition!

Nutrition information per serving:

- 225 calories
- 5.5 g total fat
 - 3 g saturated fat
- 30 g carbohydrate
- 2.5 g dietary fiber
- 12 g protein

Good source of calcium, iron and potassium.

Pyramid Servings: 2 bread/starch, $\frac{1}{2}$ vegetables, 1 dairy.